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supported by the evidence Mr. Weeks cites from practice. In the hosiery and glove trade at Nottingham, England, a board of arbitration was established in 1860, and since that time not a single general strike nor difference about wages has occurred that was not settled amicably. The iron trade in the north of England has a similar story to tell. The *Conseils des prud'hommes* in France and Belgium bring cumulative evidence.

A coming-together of this kind every month or six weeks, and meeting as equals for the discussion of affairs of common interest and importance, would have a magic effect in ascertaining the facts and suggesting concessions, as well as in removing that false pride and foolish obstinacy that aggravate so much every dispute about labor. The present appeal to brute force is as absurd and worthless as it is antiquated. It is economically and ethically a crime. Knowledge, moderation, and Christian charity will permanently re-organize industry on a plane where the strikes and boycotts of mediæval inheritance will be unknown.

NICHOLAS MURRAY BUTLER.

APPARITIONS AND HAUNTED HOUSES.

THE committee on apparitions and haunted houses, of the American society for psychical research, have issued a circular to invite communications from persons who may be able to help them in an examination of the phenomena that fall within their province.

They particularly desire information regarding supposed cases of apparitions of absent or deceased persons. It is well known that from time to time there are related or published accounts of people who are said to have seen, as present, persons who were at the time actually either absent or dead. As a proof of the genuineness of these appearances, the accounts frequently add that the persons who have had these experiences have learned, through them, about some otherwise unknown facts, afterwards verified; such, for instance, as death or illness, or some other calamity which has actually happened, at or near the time of the apparition itself, to the distant person whose appearance is narrated. Other proofs of the reality and significance of the supposed apparitions are sometimes narrated.

The committee wish to collect accounts, from trustworthy sources, of all such alleged occurrences, as well as accounts of other similar personal experiences which may have been striking enough for the persons concerned to remember, or perhaps record. Such accounts the committee propose to collate and examine, with a view to drawing such conclusions from them as may seem

proper and warranted. In order that the results, if any are reached, may have value, the committee, while not wishing to exclude any information likely to be useful, will be especially glad to hear directly from the persons themselves who have had the experiences in question, with such further information as will enable the committee to verify the accounts given, whether by the accounts of other witnesses, by the use of documents, or by means of other collateral testimony. Persons who have information bearing on the matters before the committee may find the following questions useful guides in stating their evidence. Such answers as can be furnished, in any case, should be given as explicitly as possible, in the communications addressed to the committee.

1. To whom and when did the experience in question occur? What was his (or her) age, nationality, and occupation; and what was his (or her) state of health or of mind at the time of the apparition? At what hour of the day did it appear, and at what place?

2. Had the narrator of the experience in question ever had hallucinations, or seen apparitions before, or has such an occurrence ever happened since? If so, describe these other experiences, giving their time and place, and compare or contrast them with the one in question.

3. Does the narrator believe in ghosts? Or has he, before this experience, believed in apparitions of any sort, as probable sources of knowledge about absent or dead persons?

4. To what senses did the apparition appeal? If it appeared clearly to the eye, describe the color, the form, place, apparent distance, size, clearness, the length of time of endurance, and all other remembered qualities of the object seen. Was it 'as large as life,' i.e., as large as the person or thing supposed to have been seen would naturally have appeared? Were the other objects present at the time (such as the real wall, or a real table or chair) visible through it? Did it stand still, or move about? Did it remain clear, or come and go? Could it be touched? Was it seen in the darkness, or in the light? If the experience in question was not something seen, but something heard or felt, describe it as clearly as possible, and in a similarly definite manner, laying stress on whatever may show exactly what was experienced.

5. If the apparition seemed to give warning, or other knowledge of any future or distant fact, did the narrator relate the incident to any one, or give notice of the warning conveyed, *before* he was able to verify the facts supposed to have been revealed? Did he *record* these facts before he verified them? If so, is the record now extant, or

can it be placed for examination in the hands of the committee? What other persons have heard of this apparition? How soon did they hear of it? Can they now be communicated with? What are their addresses? If possible, transmit their accounts at the same time with the narrative of the one who actually experienced the apparition in question. If two or more had the experience in common, their names and separate narratives should be given. If this is not possible, give their names and addresses.

These questions are not meant to cover all the ground in every case, but only to indicate the information desired, and the most helpful sorts of information. In dealing with all these accounts, the committee will be governed by no pre-conceived theory or prejudice. They wish simply to hear and examine the facts, and to draw therefrom whatever conclusions may prove to be warranted by the evidence. To this end they invite friendly co-operation from all well-disposed persons.

Correspondents may feel assured that their communications will be treated as thoroughly confidential by the committee when specially requested so to treat them.

The committee may be able to devote a somewhat limited time to the personal examination of the phenomena connected with so-called haunted houses, and would be glad to hear of such phenomena from persons in the vicinity of Boston. The fullest details are requested from all who may offer information on this topic.

Communications may be addressed to any member of the committee, which is constituted as follows: Josiah Royce, chairman, Cambridge, Mass.; Morton Prince, M.D., secretary, Boston, Mass.; T. W. Higginson, Cambridge, Mass.; J. C. Ropes, 40 State Street, Boston, Mass.; F. E. Abbot, Cambridge, Mass.; Roland Thaxter, 98 Pinckney Street, Boston, Mass.; Woodward Hudson, Concord, Mass.

FOOD-CONSUMPTION.

THE Massachusetts bureau of statistics of labor devotes considerable space, in its last annual report, to this subject, on account of its vital connection with the condition of the workingman. The author says, very justly, that the food-problem is one of the most important that can engross the attention of the people, and of practical interest to the wage-worker, as much money is wasted in the purchase of food which might be saved by its expenditure in accordance with the results of scientific research. The truth of this is apparent to those who have observed how little the poor understand economy in the choice of foods.

The economic value of food-substances cannot be measured by their money cost, but by the amount and kind of nutritive material which they contain. This material the author divides into three different classes — viz., proteines, fats, and carbohydrates — in addition to the mineral matters, and bases the relative value of food-substances upon the available amounts contained.

The relative physiological values of the nutrients in different foods depend, first, upon their digestibility; and, second, upon their functions and the proportions in which they can replace each other in nutrition. Their accurate physiological valuation is, in the present state of our knowledge, impracticable; but their pecuniary costs are more nearly capable of approximation. From extended and careful comparisons of the composition and market prices of the more important animal and vegetable food-materials, which form the bulk of the food of the people, it is estimated that a pound of proteine costs, on the average, five times as much, and a pound of fats three times as much, as a pound of carbohydrates. Of these, proteine is physiologically the most important, as it is pecuniarily the most expensive, and its cost may be used as a means of comparing the relative cheapness or dearness of different food-materials. Taking the cost of food-materials in New York as a basis, and making allowance for the cost of the other nutrients, the proteine in a pound of sirloin beef at 25 cents is estimated at \$1.06; in a pound of mutton at 22 cents, 91 cents; in a pound of oysters at 35 cents per quart, \$3.36; in shad at 8 cents, 66 cents; in milk at 7 cents per quart, 53 cents; in wheat-bread at 8 cents, 38 cents; oatmeal and beans at 5 cents, 14 and 15 cents.

The nutrients of vegetable food are, in general, much less costly than in animal foods. The animal foods have, however, the advantage of containing a larger proportion of proteine and fats; and the proteine, at least, in more digestible forms. Among the animal foods, those which rank as delicacies are the costliest. Thus the proteine in oysters costs from two to three dollars, and in salmon rises to over five dollars per pound. In beef, mutton, and ham, it varies from \$1.06 to 33 cents; in shad, bluefish, haddock, and halibut, the range is about the same; while in cod and mackerel, fresh and salted, it varies from 75 to as low as 31 cents per pound. Salt cod and salt mackerel are nearly always, fresh cod and mackerel often, and even the choicer fish, as bluefish and shad, when abundant, cheaper sources of proteine than any but the inferior kinds of meat. Among meats, pork is the cheapest; but salt pork or bacon has the disadvantage of containing very little proteine.